



## Garlic Flank Steak



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 2 pounds flank steak
- ☐ 3 garlic cloves pressed
- ☐ 1 teaspoon coarsely ground pepper black
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon vegetable oil

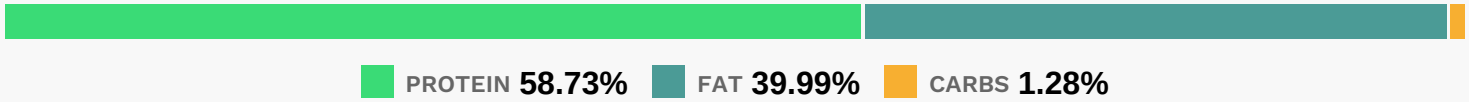
## Equipment

- ☐ bowl
- ☐ grill

# Directions

- ☐
- Stir together first 4 ingredients in a small bowl. Rub mixture evenly over flank steak; place steak in a shallow dish. Cover and chill 3 hours.
- ☐
- Grill steak, covered with grill lid, over medium-high heat (350 to 40
- ☐
- to 10 minutes on each side or to desired degree of doneness.
- ☐
- Let stand 10 minutes before slicing.
- ☐
- Cut steak diagonally across the grain into thin strips.

# Nutrition Facts



# Properties

Glycemic Index:15.5, Glycemic Load:0.27, Inflammation Score:-3, Nutrition Score:22.505652329034%

# Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

# Nutrients (% of daily need)

Calories: 345.37kcal (17.27%), Fat: 14.77g (22.72%), Saturated Fat: 5.23g (32.7%), Carbohydrates: 1.06g (0.35%), Net Carbohydrates: 0.89g (0.32%), Sugar: 0.03g (0.03%), Cholesterol: 136.08mg (45.36%), Sodium: 702.05mg (30.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.8g (97.59%), Selenium: 67.25µg (96.07%), Vitamin B3: 14.14mg (70.72%), Vitamin B6: 1.4mg (70.07%), Zinc: 8.72mg (58.13%), Phosphorus: 462.36mg (46.24%), Vitamin B12: 2.06µg (34.4%), Potassium: 789.16mg (22.55%), Iron: 3.59mg (19.92%), Vitamin B2: 0.26mg (15.54%), Vitamin B5: 1.45mg (14.49%), Magnesium: 51.33mg (12.83%), Vitamin B1: 0.17mg (11.22%), Vitamin K: 9.83µg (9.36%), Copper: 0.18mg (8.97%), Folate: 29.64µg (7.41%), Manganese: 0.13mg (6.39%), Vitamin E: 0.94mg (6.29%), Calcium: 54.27mg (5.43%)